

What is claimed is:

1. A light comprising:

a body having a front surface, a back surface, and a side surface extending between the front surface and the back surface, the body having a width between the front surface and the back surface;

a light source provided on the center of the front surface;

a reflector formed on the front surface to surround the light source; and

a minus ion material provided on the back surface of the body, the minus ion material being at least one selected from the group consisting of tourmaline, activated charcoal, a mineral of rare earth metal and a mineral of silicate;

wherein the back surface of the body contacts a user of the light, and wherein the minus ion material is raised at a temperature of 25 to 50°C.

2. A light according to claim 1, wherein the light is designed into a pendant, and wherein the back surface of the body contacts clothes of the user.

3. A light according to claim 1, further comprising a timekeeping function.

4. A light according to claim 1, wherein the light is designed into a watch, and wherein the back surface of the body contacts a skin of the user.

5. A light according to claim 1, further comprising a display provided on the side surface of the body.
6. A light according to claim 1, wherein the light is designed into a broach.
7. A light according to claim 1, further comprising a means of measuring a pulse, a blood pressure, and/or a body temperature.
8. A light comprising;  
a body;  
a light source provided on the body;  
an attaching part provided on the body; and  
a minus ion material provided on the body, wherein the minus ion material is selected from the group consisting of tourmaline, activated carbon, a mineral of rare earth metal, and a mineral of silicate.
9. A light according to claim 8, wherein the body has a front surface, a back surface, and a side surface extending between the front surface and the back surface; and wherein the front surface forms a reflector in a manner to surround the light source.
10. A light according to claim 8, wherein the light is designed into a pendant, and wherein the back surface of the body contacts clothes of a user.

11. A light according to claim 8, further comprising a timekeeping function.
12. A light according to claim 8, wherein the light is designed into a watch, and wherein the back surface of the body contacts skins of a user.
13. A light according to claim 8, further comprising a means of measuring a pulse, a blood pressure, and/or a body temperature.
14. A light comprising;
  - a body;
  - a light source provided on the body;
  - an attaching part extending from the body, wherein the attaching part installs the light to a user; and
  - a minus ion ceramics provided on the body, wherein the minus ion ceramics is provided in a manner to be activated by heat of, and friction with, the user, and wherein the minus ion material shields electromagnetic waves.
15. A light according to claim 14, wherein the light is designed into a pendant, and wherein the body contacts clothes of the user.
16. A light according to claim 14, wherein the light is designed into a portable telephone.

17. A light according to claim 14, further comprising a timekeeping function.
18. A light according to claim 14, wherein the light is designed into a watch, and wherein the back surface of the body contacts skins of the user.
19. A light according to claim 14, further comprising a means of measuring a pulse, a blood pressure, and/or a body temperature.
20. A light according to claim 14, wherein the light is designed into a portable personal computer.